

Chapter 20: Our Emotional World

EXERCISE [PAGES 105 - 106]

Exercise | Q 1.1 | Page 105

Fill in the blank.

Just as man is able to think, he is also _____.

SOLUTION

Just as man is able to think, he is also emotional.

Exercise | Q 1.2 | Page 105

Fill in the blank.

We must always think about the _____ in our friends first.

SOLUTION

We must always think first about the good qualities-virtues in our friend.

Exercise | Q 2.1 | Page 105

Answer in one sentence.

How does a balanced personality develop?

SOLUTION

A balanced personality develops when we learn to cope up with our emotions.

Exercise | Q 2.2 | Page 105

Answer in one sentence.

Why does our attitude of co-operation and understanding decrease?

SOLUTION

Our attitude of cooperation and understanding decreases because we become short-tempered and stubborn.

Exercise | Q 2.3 | Page 105

Answer in one sentence.

What must we do after we have found the flaws in our nature?

SOLUTION

We must try to improve upon after having found flaws in our nature.

Exercise | Q 3.1 | Page 105

Answer in short.

What is meant by 'coping with emotions'?

SOLUTION

Coping with emotions' means-

1. We can control our emotions by thinking properly.
2. Thereby we are able to express our emotions in a reasonable manner.

Exercise | Q 3.2 | Page 105

Answer in short.

What are the harmful effects of anger?

SOLUTION

1. Our inability to control anger has an adverse effect on our body and mind.
2. We become short-tempered and stubborn and unable to cooperate with or understand others.
3. We develop symptoms such as headache, loss of sleep and dullness.

Exercise | Q 3.3 | Page 105

Answer in short.

Why must we know our flaws?

SOLUTION

We must know our flaws; because-

1. We can make efforts to overcome our flaws.
2. Thereby we are able to get rid of our flaws.

Exercise | Q 4.1 | Page 105

Write how you will react :

Your teacher does not listen to you.

SOLUTION

I will feel disappointed that my teacher did not listen to me. However, I will give one more try to convey my difficulties and hope that he will listen to me.

Exercise | Q 4.2 | Page 105

Write how you will react :

Your parents ask for your opinion while making decisions.

SOLUTION

I will feel very happy when my parents ask for my opinion. I will also remain grateful to them for this consideration

Exercise | Q 4.3 | Page 105

Write how you will react :

Your friend got a big prize.

SOLUTION

I will be very happy and proud that my friend got a big prize.

Exercise | Q 4.4 | Page 105

Write how you will react :

Your classmates praise you.

SOLUTION

I will feel very elated that my classmates praised my work. I will work harder to live up to their expectations.

Exercise | Q 4.5 | Page 105

Write how you will react :

Rohan insulted you in class.

SOLUTION

I will feel very sad that Rohan insulted me in class. Rather than losing my temper, I will talk to him tomorrow and clear the misunderstanding between us.

Exercise | Q 5.1 | Page 106

What will you do in this situation?

Rohini won a prize in an essay competition.

SOLUTION

If I win a prize in an essay competition I will thank my teachers and friends who had helped me in preparing the prize-winning essay. I will assure them that I will work harder in the future to live up to their expectations.

Exercise | Q 5.2 | Page 106

What will you do in this situation?

Kavita refused to eat her tiffin because she was angry.

SOLUTION

If I am angry when my teacher has scolded me for no fault of mine. I will not lose my temper and meet the teacher in the recess and bring it to her notice that she has by misunderstanding scolded me and thereby overcome the cause of my anger.

Exercise | Q 5.3 | Page 106

What will you do in this situation?

Veena keeps herself to herself at school.

SOLUTION

When I fail to get a prize in an essay competition, I will congratulate my friend who has won the prize. I will also resolve to work harder at the next essay competition.

Exercise | Q 5.4 | Page 106

What will you do in this situation?

Makarand says, "I can't help it if I have a stubborn personality".

SOLUTION

I do have self-respect but I am not arrogant. I will admit my mistakes and I apologize to my parents and promise them that I will not bunk my classes and study hard.